



CHINESE HEALING & MOVEMENT ARTS

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NO FRAGRANCE POLICY

A fragrance can smell good, provide pleasant associations, and have healing qualities for many people, but that same scent can also cause negative physical or emotional reactions in others. How they affect us is highly personal.

At class, we gather to learn and practice qigong (Liangong) and/or taiji for many reasons, including their healing qualities. The movement and physical exertion in class can cause fragrances to intensify, and our sensitivity to them to increase. Negative reactions can also become more acute. To provide a healthy environment for everyone participating, please refrain from wearing fragrances.

Perfumes and colognes might be the most obvious fragrances to avoid wearing in class, but please also be aware of the scents from fabric softeners, lotions, moisturizers, shampoos and other products. The worst offenders have synthetic, petroleum-based and/or inexpensive ingredients, but even natural scents can cause reactions. Also, smoking results in smoke on hands, body and breath which can cause negative physical reactions for people.

To prevent body odor from becoming an issue, please attend class in clean clothes and wash frequently. A bathroom is available for changing clothes. If products are used, please use ones that are unscented.

Please contact me if you have any questions or concerns. If you have any reactions to fragrances or other environmental (or other) factors in class, please let me know. Feel free to contact me in private or anonymously.